

Form D (Talwalkars Better Value Fitness Limited)
Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 1992 (Regulation 13(4), 13(4A) and 13(6))

DETAILS OF CHANGE IN SHAREHOLDING OR VOTING RIGHTS HELD BY DIRECTOR OR OFFICER AND HIS DEPENDENTS OR PROMOTER OR PERSON WHO IS PART OF PROMOTER GROUP OF A LISTED COMPANY													
Name, PAN No. & Address of Promoter / Person who is part of Promoter Group / Director/Officer	Shareholding prior to acquisition/ Sale	No. & % voting rights acquired/sold	Date of receipt/ allotment/ advice/ acquisition/ sale of shares (Specify)	Date of intimation to Company	Mode of acquisition (market purchase/ public/rights issue/preferential offer etc.) / Sale	No. & % of shares/ voting rights, post-acquisition/ sale	Trading member through whom the trade was executed with SEBI Registration No. of TM	Exchange on which the trade was executed	Buy Qty.	Buy value	Sell Qty.	Sell Value	
Mr. Madhukar Vishnu Talwalkar (PAN:AAAPT8172A) Jointly with Mrs. Usha Madhukar Talwalkar (PAN:AAFP73741G) Address: C-37/40, Pandurang Society, Near Sun-N-Sand Hotel, Juhu, Mumbai - 400049	28,32,280 Shares (10.82%)	1,21,000 Shares (0.46%)	14.11.2014	17.11.2014	Open Market Sale	25,82,280 Shares (9.86%)	Jannadas Viji Shares & Stock Brokers Private Limited BSE: INB010886236	BSE Limited	N.A.	N.A.	1,21,000 Shares (0.46%)	248.85 INR/ Share	
		1,29,000 Shares (0.46%)	14.11.2014					Jannadas Viji Shares & Stock Brokers Private Limited NSE: INB231183733	National Stock Exchange of India Limited			1,29,000 Shares (0.49%)	248.80 INR/ Share
		Total 2,50,000 Shares (0.95%)										2,50,000 Shares (0.95%)	


 Madhukar Vishnu Talwalkar

Date: 17.11.2014
 Place: Mumbai